

*Training course*

I FEEL  
GOOD

*ca*

CAVA DE' TIRRENI, ITALY  
10.11-18.11.2022

# About the project

The "I Feel Good" project is aimed to equip youth workers and educational leaders with creative methods which they can use during activities related to the topics of healthcare and prevention measures. The overall aim of the project is to realize a long-term non-formal education process at the international level which will be able to empower the youth work that the partnership is realizing field with young people coming from disadvantaged backgrounds and/or vulnerable groups, to raise their capacities to perform better and provide more useful services in the area of spreading the information about importance of physical and mental health, with the focus on COVID 19 and preventing measures of health protection

# THE STRUCTURE OF THE PROJECT

1

TRAINING COURSE 1 15.05 - 21.05.2022  
WAS AIMED TO EQUIP PARTICIPANTS WITH  
DIFFERENT VISUAL TOOLS.

2

PROJECT RESULT 1 CREATION  
EDUCATIONAL VIDEOS FOCUSED ON TOPICS  
OF HEALTH CARE AND WELLBEING

3

PROJECT RESULT 2 CREATION  
A TOOL KIT, CONSISTING OF CREATIVE  
TOOLS AND METHODS, WHICH CAN BE  
USED DURING EDUCATIONAL ACTIVITIES  
WITH YOUNG PEOPLE FROM VULNERABLE  
GROUPS

4

TRAINING COURSE 2  
AIMED TO DISCOVER PLASTIC KINDS OF  
ART (THEATRE, DANCE, BODYWORK,  
STREET PERFORMANCES ETC),

5

PROJECT RESULT 3 CREATION  
A PUBLICATION WITH THE SET  
RECOMMENDATIONS ON HOW TO ADAPT  
THE ACTIVITIES TO THE TOPIC OF  
HEALTH PROTECTION AND WELL BEING

# TRAINING COURSE 2

The TC is aimed at discovering plastic kinds of art (theatre, dance and bodywork, street performances and etc), in order to organize activities focused on the topic of health

## THE OBJECTIVES:

- Present and discuss the results of the local stage (videos) and gather feedback from the group
- To learn about different ways of non-verbal communication, besides visual expression
- Explore the topic of body language
- Learn about forum theatre and experience it
- To discuss how plastic kinds of arts can be integrated into education in the field of youth empowerment
- Creating new activities for youth empowerment aimed to provide attractive access to information on health prevention and education for young disadvantaged groups;



After the TC, the participants will have a

practice stage, where they will have to

implement at their local levels different

activities based on learned creative tools

(different kinds of visuals, performances, flash

mobs, street performances and etc) aimed to

promote health prevention and a healthy

lifestyle among young people, in an attractive

and integrated way



# PARTICIPANTS

Each partner is required to send 3 participants, with the exception of Italy (AslT03) and 4 participants

## PARTICIPANT PROFILE

Educators, trainers, youth leaders, and medical youth workers involved in partner organizations, working with young people. Participants who are interested in sharing learn new NFE tools and exercises.

PARTICIPANTS ARE EXPECTED TO PARTICIPATE IN ALL ACTIVITIES UNLESS THEY ARE ILL.

UNAUTHORIZED ABSENCE FROM ACTIVITIES AND WORKSHOPS ARE NOT PERMITTED

IF LESS THAN 90% OF THE PROGRAM IS ATTENDED IT WILL NOT BE POSSIBLE TO BE REIMBURSED FOR THE TRAVEL COST



In order to apply for the project,  
please fill out the form

[https://forms.gle/  
F5FpjYoqTqZ6iSXJ7](https://forms.gle/F5FpjYoqTqZ6iSXJ7)





# VENUE

WEB PAGE OF THE HOTEL

<https://www.ilsangiovanni.it/hotel/>

ADDRESS

Corso Umberto I, 167  
84013 Cava de 'Tirreni (SA)

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## Accommodation

The participants will be accommodated in 2-3 or more bedrooms, each room has its own shower and toilet.

The reservation of the rooms has already been fixed by the host partner

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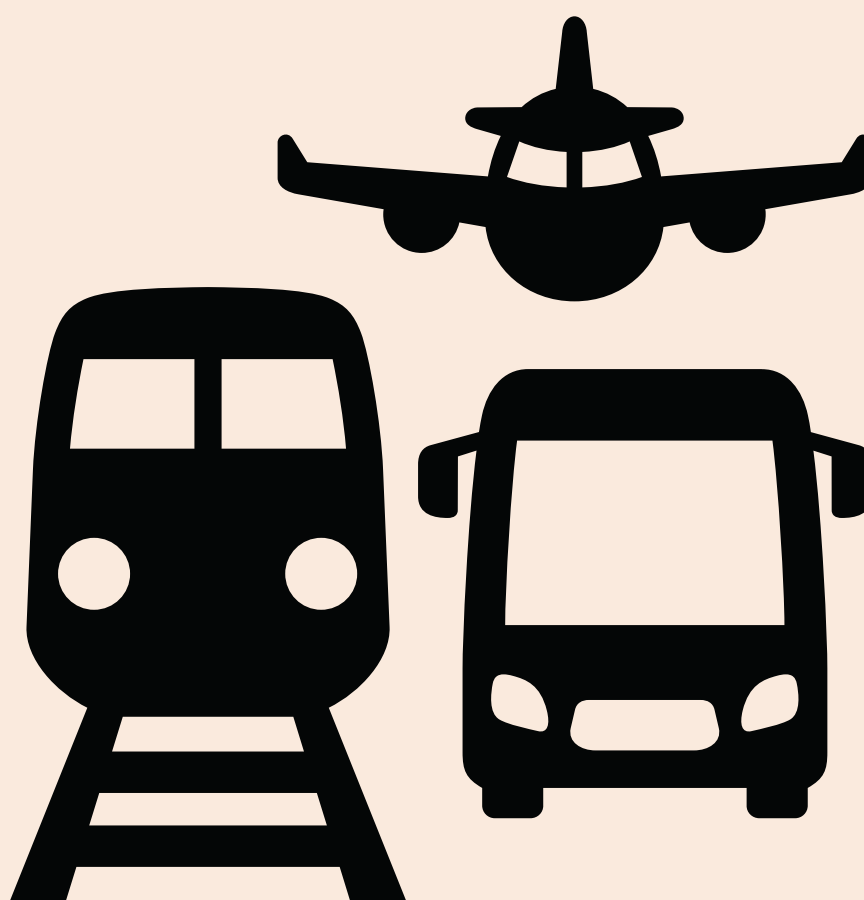
There will be breakfast, lunch, and dinner provided during your stay

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All costs are to be considered per person, per night in full board.

If there's any person with special diet/allergies, please inform us about this It is especially important for us to know about diets/ allergies/special needs in advance.

# Instructions for Travels



The venue where the meeting will take place is in **Cava de' Tirreni**, in the province of Salerno.

To be able to reach us, you can choose:

- **to land at Naples Capodichino Airport.**
- **to land at the Rome Airport (Fiumicino or Ciampino)**

**1. If you arrive at Naples Airport (Capodichino).** It is the best solution since it is 40 km away from us.

**Naples Airport** —————> **Cava de' Tirreni**

**by BUS and TRAIN.** From Naples Capodichino Airport, you have to take a bus that takes you to the Naples city train station, Piazza Garibaldi, and from there take a train or bus that stops at Cava de' Tirreni.

*info for bus:*

*[http://www.anm.it/index.php?option=com\\_content&task=view&id=1314](http://www.anm.it/index.php?option=com_content&task=view&id=1314)*

*info for train:*

*<https://www.trenitalia.com/en.html>*

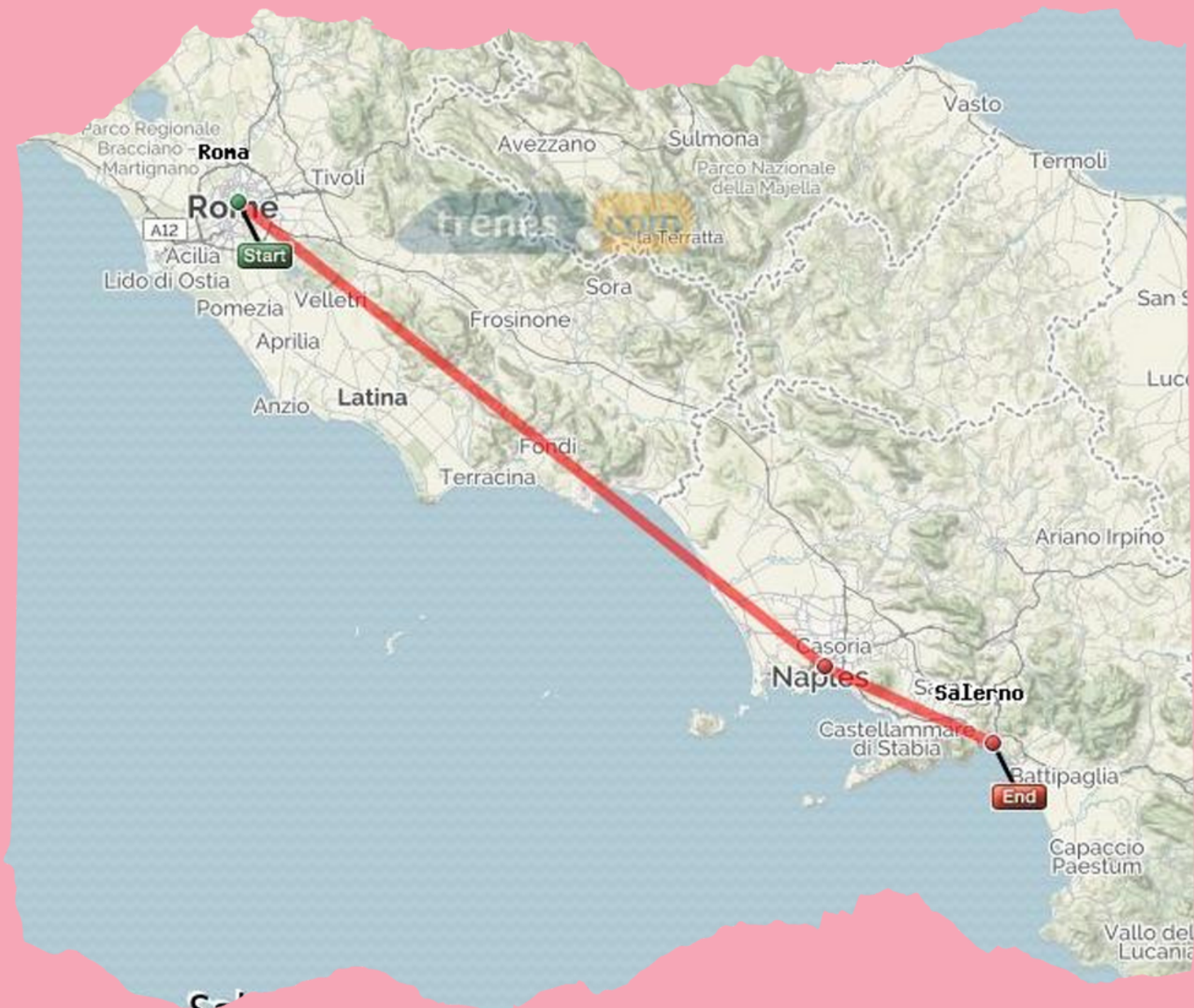
## **Attention!**

By car. If you arrive after 19.00 (or leave very early in the morning), you are few and your luggage is small, ***it is likely that you may have problems with transfer by public transport.***

In this case, we recommend a private transfer.

The cost is around 80 euros from the airport to the hotel and vice versa.

## . If you arrive at Rome Airport (Fiumicino or Ciampino)



**By bus.** From Ciampino or Fiumicino airport you need to take a bus that goes directly to the Salerno Parco Pinocchio stop.

From Salerno Parco Pinocchio, you have to walk to the central station and then a train or bus to Cava de'Tirreni.

In this case, **it is mandatory to reserve a seat from Rome Tiburtina or one of the two airports and buy the ticket online.**

We advise you to inform us in advance of this choice in order to help you and suggest the best solution.



*info for bus from Rome Tiburtina or Roma Fiumicino airport:*

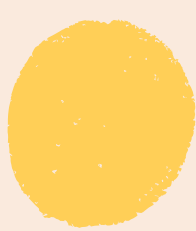
*<https://www.leonettibus.it>*

*info for bus from Rome Tiburtina or Roma Ciampino airport:*

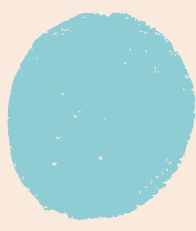
*[https://www.expressbus.it/tratte/prenota\\_data.asp](https://www.expressbus.it/tratte/prenota_data.asp)*






## ARRIVAL AND DEPARTURE



ARRIVAL DAY IS 10.11.2022  
DEPARTURE DAY IS 18.11.2022




It is possible to come two days earlier before the project orland leave two days after the project ended. This is at your own expense. This way we will still be able to reimburse your tickets, but extra nights and food will not be reimbursed for those extra days.





# INSURANCE



EACH PARTICIPANT IS  
RESPONSIBLE FOR THEIR OWN  
HEALTH INSURANCE COVERAGE  
DURING THEIR STAY IN ITALY.

PLEASE CHECK THE REGULATIONS  
OF YOUR OWN HEALTH CARE  
PACKAGE TO ENSURE YOU ARE  
PROPERLY INSURED .

# FINANCIAL CONDITIONS

All costs related to the program, food, and accommodation will be covered.

The travel costs will be reimbursed up to the reimbursement limit:

- Italy - 180 euros
- Hungary - 275 euros
- Germany - 275 euros
- Greece - 275 euros
- Lithuania - 275 euros

## REIMBURSEMENT CONDITIONS:

In order to be reimbursed participant has to provide all evidence of traveling: coach/train tickets, boarding passes, invoices, etc. as well as evidence of payment (e.g. bank transcript of payment)

Buying all tickets is an obligation of participants (with partners' organizations' support).

Before purchasing the travel tickets we are asking you to send us potential routes and costs and wait for a confirmation ~~from us that~~ they are OK

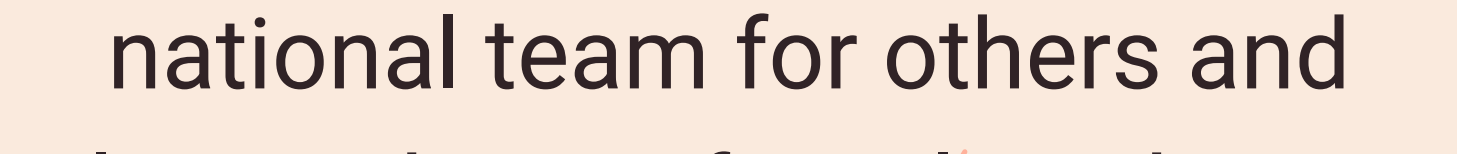
The reimbursement will be done via bank transfer therefore we would kindly ask participants to have their bank details ready and with them to submit during the training course. (Name and full address of the account holder, Name, and full address of the bank, IBAN, SWIFT (BIC)).

\* If you want to come earlier, leave later from ~~\*~~ Italy, and still receive your reimbursement, it's possible to arrive max. 2 days in advance and leave max. 2 days after the training finishes. Participants need to take care of their stay by themselves in these days.

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# WHAT TO BRING WITH YOU:



Interactive activity which you prepare together with your national team for others and please abstain from long boring presentations and videos we can all watch on the internet.

**Show us something we cannot experience without you!**

Please bring some traditional snacks and drinks from your country for the intercultural evening.

Comfortable cloth and shoes, some games or musical instruments if you wish for the evenings.





# Contacts

## LOGISTICS:

GABRIELLA RUSSO

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## TRAINERS:

NATALIA SKORIK:

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